



THE | SAGE

January/February 2022

Connecting Lexington residents age 60+ to information, programs, and services.

HUMAN SERVICES STAFF

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lexingtonma.gov/human-services

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TRANSPORTATION
781-861-1210

HOME DELIVERED MEALS
888-222-6171

Hemali's Highlights: Senior Services Director's Report:

Happy Holidays! I hope the holidays this year are filled with a little bit more joy and happiness for you all compared to 2020 holidays. I want to take this opportunity to recap all the wonderful programs and events we've had in 2021 despite COVID. 2021 gave us the opportunity to expand our online programming, allowing individuals to join from home, as well as start offering programs in person. We resumed our traditional once a month luncheons in October, keeping in mind safety for all those attending. Our annual Diwali event, hosted by the Indian Seniors of Lexington, was also held in person with 60 participants attending to listen to music, enjoy Indian snacks and learn about Diwali, the festival of lights.

Our biggest accomplishment in 2021 was starting our two year pilot senior parking permit program. Since its start on October 4 we've given out over 1500 permits to our Lexington older adults. Thank you to all who provide us with words of appreciation and positive feedback as we stumbled through the process of getting the program started. If you haven't yet applied for your permit I would highly encourage you to visit us at the Lexington Community Center to obtain one.

I wish you all a wonderful holiday season and a Happy New Year!

Until next time,

Hemali

MLK Day Help for Seniors Need help with projects around your home?

This is a volunteer opportunity for one to three Lexington teens to help you with small, odd jobs. Examples of suitable projects include: changing smoke detector batteries or hard to reach light bulbs, boxing up books or other giveaway items, raking leaves, shoveling snow from walkways, etc. Follow the instructions below to request help for up to 60 minutes of work that will begin sometime between 2:00pm and 4:00 p.m. on MLK Day 2022. Please note: you provide the materials (batteries, light bulbs, etc.) and the teens will provide the labor. Please specify if the project requires any special work tools (rakes, snow shovels, etc.) that you do not have for the volunteers to use.

To **SIGN UP** scan the QR code with your smartphone camera and it will lead you to the registration website or lexingtonma.gov/seniors or call **781-698-4851**.



Human Services sign-up begins December 15 for residents/December 22 for non-residents at 781-698-4840 or on-line at LexRecMa.com

Sign-Up Programs at the Community Center

Sign-up begins December 15 for residents/December 22 for non-residents.
at 781-698-4840 or on-line at LexRecMa.com

Expressive Art - Vision Boarding for 2022 - *In Person* Monday, January 10, 10:00 - 11:45 a.m.

We all have goals we want to accomplish. In this workshop you will set them and create a vision board! **One person per household please.**



Understanding Wandering - *In Person* Tuesday, January 11, 2:30 - 3:30 p.m.

Learn what might prompt your loved one to wander, and discover how to help prevent this challenging symptom so they stay safely at home **Sponsored by Bridges by Epoch.**



Lunch & Learn w/Peter Ricci of LFD \$5 - *In Person* Tuesday, January 11, 12:00 - 1:00 p.m.

Enjoy lunch of chicken pot pie, veggie and dessert while Peter Ricci of LFD discusses Winter safety.

Sponsored by the FCOA.

Music of the Civil Rights Movement - *In Person* Wednesday, January 12, 3:00 - 4:00 p.m.

John Clark will present a 30-year history of Civil Rights music and the musical responses to the assassination of Malcolm X and Martin Luther King, Jr.

Nutrition Talk: Intuitive Eating - *In Person* Friday, January 21, 11:00 a.m. - 12:00 p.m.

Learn about what it means to be an Intuitive eater and the 10 principles of the Intuitive Eating concept.

Understanding Resistance & Refusals - *In Person* Tuesday, January 25, 2:30 - 3:30 p.m.

Learn from dementia expert Alicia Seaver how to understand what your loved one is trying to communicate, so you can modify your approach to honor their wishes or gain their cooperation. **Sponsored by Bridges by Epoch.**

Creating Caring Communities - *Virtual* Wednesday, January 26, 10:00 - 11:00 a.m.

You would hope it comes naturally, but knowing how to get along with others is a practiced skill. Come hear what you and our community can learn and practice during these challenging times. **Sponsored by JF&CS.**

Chinese New Year

Thursday, January 27, 2:00 - 3:00 p.m.

Celebrate Chinese New Year with live entertainment. **Sponsored by Enhance Asian Community on Health Inc.**



Cooking with Anastasia - Spinach with Rice - *Virtual* Friday, January 28, 11:00 a.m. - 12:00 p.m.

We'll talk about how Spanakorizo is made and I'll show you my take on this popular and nutrition-dense favorite.

Aging, Sexuality and Relationships - *Virtual* Thursday, February 3, 7:00 - 8:00 p.m.

Join Robert Berend, Ph.D. in a conversation about human sexuality, while we discuss questions on sexuality, aging and relationships. Submit anonymous questions to melleher@lexingtonma.gov prior to the event.

Expressive Art - Fun with Alcohol Inks - *In Person* Monday, February 7, 10:00 - 11:45 a.m.

We will be creating marbled paper with alcohol inks. Be prepared to get messy during this art session. Gloves will be provided. **One per household please.**

100 Years on the Road to Freedom: *In Person* Wednesday, February 9, 3:00 - 4:00 p.m.

Enjoy this travelogue along the road to freedom which begins with pre-Civil War subversive spirituals of the enslaved and the abolitionist songs and ends with significant musical contributions of the Harlem Renaissance.



February Italian Lunch \$5 - *In Person* Thursday, February 10, 12:00 - 1:00 p.m.

Enjoy chicken cutlet, pasta, salad and dessert. **Sponsored by the FCOA.**

Humor & Caregiving - *In Person* Tuesday, February 15, 2:30 - 3:30 p.m.

Join us to learn how you can incorporate humor into daily life with your loved one, and how it may be able to enhance your caregiving journey. **Sponsored by Bridges by Epoch.**

Nutrition Talk: Dash Diet - *In Person*, Friday, February 18, 11:00 a.m. - 12:00 p.m.

In celebration of National heart Month, let's talk about a Healthy Heart and learn about the DASH Diet. **Sponsored by Artis Senior Living.**



Non Pharmacological Dementia Interventions - *In Person*, Tuesday, February 22, 2:30 - 3:30 p.m.

Learn how to better understand and manage your loved one's challenging behaviors - from wandering, repetitive questioning and agitation to verbal and physical aggression - without medications. **Sponsored by Bridges by Epoch.**

Senior Services hours are Monday - Friday, 8:30 a.m. - 4:30 p.m.

Sign-Up Programs (cont.)

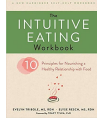
Cooking with Anastasia, Rainbow Bean Salad - Virtual **Friday, February 25, 11:00 a.m. - 12:00 p.m.**

This bean salad is one of my signature dishes that came together by accident decades ago and is easy to make.

Intuitive Eating Support Group - In Person

January 14, 1:00 p.m., February 11, 1:00 p.m.

Sharpen your intuitive eating skills to make better life style changes around food and physical activity. Email bcollins@lexingtonma.gov to join.



One-On-One Nutrition Appointments: Call 781-698-4840

Meet with Barbara Collins, Registered Dietitian Nutritionist, on Fridays for in-person or phone consultations.

OWLL'S Winter Programs - Virtual

International Nature Adventures, w/ Bill Gette, 4 Tuesdays, January 18, 25 & Feb. 1, 8, 4:00 to 5:15 p.m.



The first two sessions are titled Celebrate Trinidad: Gem of the West Indies; the second two, Celebrate Kenya: From Samburu to the Maasai Mara. Bill will discuss and show photographs of his travel adventures.

Wider Than the Sky: Poetry in your Brain, w/ David Rose, Cammy Thomas, and Regie O'Hare Gibson
4 Fridays, Feb. 4, 18 and March 4, 18, 10:30 - 11:45 a.m.

A neuroscientist, a writer-poet, and an oral poet discuss the science and art of how our brains make our favorite poems, in Emily Dickinson's words, "wider than the sky".

Four Oddball Novels by Muriel Spark, w/Gillian Gill
4 Fridays, January 14, 28 & Feb. 11, 25, 10:30 a.m. to 12:00 p.m.

Girls of Slender Means, The Prime of Miss Jean Brodie, Memento Mori, and The Abbess of Crewe are for discussion because they show some of Spark's quirkiest diversity.

The Archaeology and Meaning of the Dead Sea Scrolls, w/Steven Stark-Riemer

6 Tuesdays, January 11, 18, 25 and Feb. 1, 8, 15, 10:00 to 11:30 a.m.

The Dead Sea Scrolls are considered by many to be the most important archaeological find of the twentieth century. In understanding what they teach about the history of Judaism, we can learn about the history of Early Christianity.

For more information, call Human Services at 781-698-4840. Find detailed course and instructor information on our website at <https://friendsofthecoa.org>.

\$25 for residents, \$50 for non-residents.

Sign-up begins December 15 for residents/December 22 for non-residents at 781-698-4840 or on-line at LexRecMa.com

Free Drop-In Programs

Needles Club

Mondays, January 3 - February 28, 2:00 - 4:00 p.m.

World Affairs:

Tuesdays, January 4 - February 22, 1:15 p.m.

Indian Seniors of Lexington Group:

Tuesdays, January 4 - February 22, 10:00 a.m.



Current Events:

Fridays, January 7 - February 25, 1:15 p.m.

Drop-in Technology w/Intergenerational Club

Tuesday, January 18, 3:30 - 4:30 p.m.

Tuesday, February 15, 3:30 - 4:30 p.m.



Have questions or need help with phone, internet,

ipad or computer? Come with your device and your questions. Prefer a zoom call please email mkelleher@lexingtonma.gov

Movies - Tuesdays at 1:30 p.m.

Stray - January 11

Science & Nature Documentary, NR (73 min.)

Senior Moment - January 25

Romantic Comedy, NR (92 min.)

Bombshell - February 1

Crime Drama, PG-13, (114 min.)

The War with Grandpa - February 15

Family Comedy, PG (104 min.)



We do our best to show current movies.

Movies rated R may contain nudity, profanity, and crude language.

Podiatry Clinic

Monday, January 3 & February 7,

8:30 - 11:30 a.m.

Dr. Dan Seligman provides 10-minute appointments for trimming and filing ONLY. \$35 cash or check payable to the doctor. 24 hours notice required for cancellation.

Sign up begins December 15 at 781-698-4840.

Fix-It Shop

Your local hub for small household repairs!

The Fix-It Shop is now open. Hours are Tuesday, Wednesday & Thursday from 9:00 a.m. - 12:00 p.m.



Accepting repairs by appointment only.

Please call 781-698-4866 or 781-698-4840.

Transportation

Winter Cycling Workshop - *In Person*

Tuesday, January 18, 6:30 - 7:30 p.m.

Learn about options and accessories, plus tips and tricks for riding all year long, from a local expert. This workshop is open to people of all ages & abilities! Bike lights, reflective items, educational and information resources, plus hot cocoa included! \$5.00 FEE www.lexbikewalkbus.org

Spring Pedestrian & Bike Safety Fair - *In Person*

Saturday, March 26. 1:00 - 4:00 p.m.

Celebrate the arrival of SPRING and get ready to walk & bike more and do so safely! We will have free helmets and helmet fittings for youth up to age 16, courtesy of Boston Children's Injury Prevention Program, plus bike lights, and other sources of illumination and reflectivity for all ages so you can Be Safe & Seen whether walking or biking. Get lots of great information and safety tips from multiple groups, plus popcorn and more! This Fair is open to people of all ages & abilities. \$5.00 FEE www.lexbikewalkbus.org

MBTA Service Update

MBTA Bus #76 and #62 came back to service in December. For schedule, visit www.mbta.com or call our Transportation Services office at 781-861-1210.

Lexpress Bus Service

For current schedules and route visit www.lexpress.us
Lexpress is a public bus service open to all. When you ride Lexpress, MBTA or any public transportation service, you support services open to people of all ages and abilities, from youth, to seniors, to people with disabilities to people without cars, and those who choose to drive less. If you can't walk or bike, take public transportation! If that doesn't work for you, see additional options below.

The RIDE & Ride Flex

If you cannot ride public transportation all or some of the time due to physical, mental or cognitive limitations, you should apply for eligibility for The Ride. Call 617-337-2727 or email theride@mbta.com

FREE Rides to Medical Appointments

FISH has been providing free rides to medical appointments for over 40 years! Call 781-861-9300 two (2) days before your appointment. Phone hours are between 9AM-1PM Monday-Friday. Appointments can be local or anywhere in Boston Metro area.

Senior Taxi

Lex-Connect Senior Taxi is a service meant to fill gaps if all the above will not work. To inquire, call 781-861-1210

Ride Match

To find a list of all public and private options for transportation, visit Ride Match, a one stop shop for transportation resources: www.massridematch.org

Friendly Independent
Sympathetic Help



Community News

Lexington Recreation and Community Programs



Stay Fit this Winter with Personal Trainer Judy Whitney!

Total Fitness - *Virtual*

Mondays, January 10 - March 28, 1:00 p.m.

Aerobic routines paired with upbeat music make up the first 30 minutes of this class. Exercises for agility, muscle conditioning, balance and stretching complete the hour. This workout is challenging yet safe, and easily modified for all fitness levels. A choreographer and Personal Trainer for over 25 years, Judy selects exercises from varied disciplines including dance, Yoga and Pilates to attain the best all around workout.

Chair Fitness Fun - *Virtual*

Wednesdays, January 12 - March 30, 1:10 p.m.

Looking to improve your aerobic capacity, but not yet able to stand for long periods of time? Take a seat for 30 minutes while listening to music that makes you want to dance! Each class also includes 20 minutes of standing or seated strengthening exercises of the major muscle groups in the body. We end with a relaxing cool down. This workout is a fun way to improve your overall health. Every class is unique; no two classes are ever the same!

Daoyin Meditation Teaching Program - *Virtual*

Saturdays, January 8 - March 26, 9:15 & 10:30 a.m.

This program is funded by the Dana Home Foundation

"Daoyin" is the ancient name of "Qigong" in China. It includes meditation along with gentle stretching and exercise. The Daoyin Meditation Teaching Program, developed by Dr. Jing Liu*, combines the principles of Daoyin meditation and Taiji with medical science to enhance both mental and physical health through a series of easy, safe, fun-filled and effective training courses particularly suited for improving circulation, balance, fitness, strength, and immune function in seniors. The teaching program has been taught for 7 years with over 5,000 participants who have received training and experienced positive health benefits.



Table Tennis with Olivia Lam - *Virtual*

Tuesdays (Beginners) or Thursdays (Intermediate)

January 4 - February 9, 9:30 - 11:00 a.m.

This program is designed for adults and seniors to learn table tennis skills and stay fit. Table tennis helps improve hand-eye coordination, reflexes, and balance. Class starts with 10 minutes of warm-up, followed by practicing racket grips and basic strokes for 30 minutes. The class will end with single/double games.

For more information or to register, please visit:

lexrecma.myrec.com

Outreach

Senior Tax Program New Guidelines:

- Participants will receive an hourly rate of \$13.50.
- The maximum credit a household may earn is \$1,755 including all withholdings per fiscal year.
- The maximum number of hours per household is 130.

Participation Requirements:

- Applicants must be 60 years of age or older.
- Applicants must own property in Lexington that serves as their principal residence.
- Gross income (including **SSI income**) must not exceed \$90,000 (2020 tax return) per household (regardless of single or married status)
- Applicant's job skills must match those of an available placement within the municipality.
 - Determination of this may include an interview with the department
 - Successful match of a participant to a department will determine official acceptance into the program.
 - For the mutual protection of the participant and the interests of the Town, no taxpayer shall be assigned work for which he or she is not physically qualified.
- Applicants may be subject to a Criminal Offender Records Investigation check.

For more information call Paula at 781-698-4845.

Property Tax Relief for Seniors

If you are a Lexington senior aged 65 or older with a 2019 gross household income of \$90,000 or less, you can postpone paying all or any part of your property tax bill and let the value of your house pay the tax bill later. Fiscal Year 2021 deferrals will enjoy a very low simple interest rate of 1.41%. Each year's deferral is like an individual loan that doesn't have to be paid back during your lifetime or your qualifying spouse's lifetime unless home ownership is transferred or you choose to pay it off. **Call the Assessor's Office at 781-698-4578** for information about Lexington's Property Tax Deferral Program and other local tax programs.

Free Help Preparing Your Income Taxes - Lexington Taxaide Program



Sponsored by AARP/IRS

Beginning February 15 through April 14, IRS certified Tax-Aide volunteers will be available at the Lexington Community Center. Limited appointments will be available on **Tuesdays, Wednesdays and Thursdays at 9:00 and 10:30 a.m.** to help prepare and electronically file Federal and State income tax forms. These sessions are for low and moderate income Lexington seniors.

Appointments are required and may be scheduled beginning January 24 by calling 781-698-4855.

Fuel Assistance for Lexington Residents

If you struggle in the colder months with the cost of heating your home, the Fuel Assistance Program can help. The program is designed for people living on limited incomes who are paying to heat their homes.

If you are interested in applying, review the income limits below to find out if you financially qualify. Human Services staff can assist you with completing an application and submitting it to Community Teamwork, Inc. You will need to provide proof of income and expenses, as well as other documentation. **Please call 781-698-4855 to schedule an appointment and/or to inquire about the program.**

Household Size	Maximum Gross Income
1	\$39,105
2	\$51,137
3	\$63,169
4	\$75,201
5	\$87,233
6	\$99,265



Lexington Lions Club - Medical Equipment Loaner Program

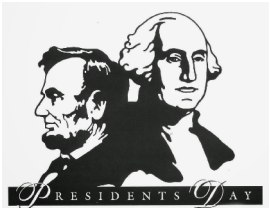

The Lexington Lions Club is proud to be able to loan many types of medical equipment we own to meet the temporary need of local residents.

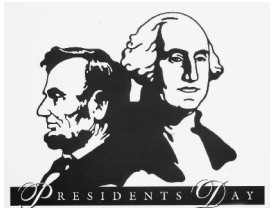

But once the temporary need is over, we need to be notified so we can collect the equipment and make it ready to loan to the next person in need. We constantly receive requests, and sometimes struggle to be able to meet demand. So please contact us to arrange a convenient pick up day and time.

If you find that you have a permanent or long term need, you will need to arrange for the necessary permanent equipment. That way the equipment loaned to you can be made available to others in need.

Phone: 781-862-4710 E-mail: lexlionsclub@gmail.com or visit our website: www.lexingtonlions.org

Monday	Tuesday	Wednesday	Thursday	Friday
3 8:30 - Podiatry 12:00 - LexCafe \$ * 2:00 - Needles Club	4 10:00 - Watercolors 12:00 - Indian Lunch \$* 1:15 - World Affairs 5:30 - Caregivers	5 10:00 - Mahjongg 12:00 - LexCafe \$ 1:00 - Bridge 1:30 - Cornhole 2:30 - COA Meeting	6 11:00 - Canasta 1:30 - Alz. Caregiver	7 12:00 - LexCafe \$ * 1:15 - Current Events
10 10:00 - Exp. Art * 12:00 - LexCafe \$ * 2:00 - Needles Club	11 10:00 - Watercolors 12:00 - Lunch/Learn \$* 1:15 - World Affairs 1:30 - Movie 2:30 - Understanding Wandering - Bridges *	12 10:00 - Mahjongg 12:00 - LexCafe \$ * 1:00 - Bridge 1:30 - Cornhole 3:00 - Civil Rights *	13 11:00 - Canasta	14 11:00 - Int. Eating * 12:00 - LexCafe \$ * 1:15 - Current Events
17 CLOSED 	18 10:00 - Watercolors 1:15 - World Affairs 3:30 - Drop-In Tech	19 10:00 - Mahjongg 12:00 - Lex Cafe \$ * 1:00 - Bridge 1:30 - Cornhole	20 9:30 - FCOA 11:00 - Canasta 1:30 - Alz. Caregiver	21 11:00 - Nutrition Talk * 12:00 - Lex Cafe \$ * 1:15 - Current Events
24 12:00 - LexCafe \$ * 2:00 - Needles Club	25 10:00 - Watercolors 1:15 - World Affairs 1:30 - Movie 2:30 - Understanding Resistance - Bridges *	26 10:00 - Caring Communities * 10:00 - Mahjongg 12:00 - Lex Cafe \$ * 1:00 - Bridge 1:30 - Cornhole	27 11:00 - Canasta 2:00 - Chinese New Year *	28 11:00 - Cooking with Anastasia * 12:00 - Lex Cafe \$ * 1:15 - Current Events
31 12:00 - Lex Cafe \$ * 2:00 - Needles Club	<div>  <div> Key Code: Registration Req. * Fee for program \$ </div> </div>			

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7 8:30 - Podiatry 10:00 - Exp. Art* 12:00 - LexCafe \$* 2:00 - Needles Club	8 10:00 - Watercolors 1:15 - World Affairs 3:30 - Drop-In Tech	9 10:00 - Mahjongg 12:00 - LexCafe \$* 1:00 - Bridge 1:30 - Cornhole 3:00 - 100 Years*	10 11:00 - Canasta 12:00 - Italian Lunch \$*	11 12:00 - LexCafe \$* 1:00 - Int. Eating* 1:15 - Current Events
14 12:00 - LexCafe \$* 2:00 - Needles Club	15 10:00 - Watercolors 1:15 - World Affairs 1:30 - Movie 2:30 - Humor & Caregiving Bridges* 3:30 - Drop-In Tech*	16 10:00 - Mahjongg 12:00 - LexCafe \$* 1:00 - Bridge 1:30 - Cornhole	17 9:30 - FCOA Meeting 11:00 - Canasta 1:30 - Alz. Caregiver	18 11:00 - Nutrition Talk* 12:00 - LexCafe \$* 1:15 - Current Events
21 CLOSED 	22 10:00 - Watercolors 1:15 - World Affairs 2:30 - Non-Pharm Dementia Bridges*	23 10:00 - Mahjongg 12:00 - LexCafe \$* 1:00 - Bridge 1:30 - Cornhole	24 11:00 - Canasta	25 11:00 - Cooking with Anastasia* 12:00 - LexCafe \$*
28 12:00 - LexCafe \$* 2:00 - Needles Club	<div> <div>  </div> <div> <p>Key Code: Registration Req. * Fee for program \$</p> </div> </div>			

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**Lexington Human/Senior Services
Lexington Community Center
39 Marrett Road
Lexington, MA 02421**

Deliver to Current Resident



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U.S. POSTAGE

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BOSTON, MA
59348

Partial funding for the distribution of this newsletter is supported by a grant from the Executive Office of Elder Affairs.

Lex Cafe - Senior Dining (age 60 plus)

Lunch: Monday, Wednesday, and Friday, 12 noon. To make a reservation or cancellation please call Despina at 781-325-1613 by 10:00 a.m. the previous day. Weekly menus can be found in the dining room at the Community Center. Suggested donation is \$2. Menus subject to change. Deluxe meal site is coordinated by Minuteman Senior Services. .

Minuteman Senior Services Indian Meal (age 60 plus)

Join us the first Tuesday of the month from 11:45 a.m. to 12:45 p.m. for a vegetarian Indian meal. Sign-up for January 4 begins December 27 and ends December 30 at 10 a.m. Sign up for February 1 begins January 24 and ends January 28 at 10 a.m. **Food orders are called in the Friday before the lunch - no exceptions.** **Suggested donation is \$2. To make a reservation or cancellation please call Despina at 781-325-1613.**

Newsletter

The Sage newsletter will be sent out automatically by mail to Lexington residents age 60 and over. For others who wish to receive the newsletter, it can be picked up at Town Offices, Cary Library, or at the Community Center. Please consider helping us "Go Green" and save money on printing and postage by getting your newsletter by e-mail. If you would like to receive the newsletter electronically, please sign up at www.lexingtonma.gov/email
To be removed from the Post Office mailing please email gjefferson@lexingtonma.gov

The Friends of the Council on Aging (FCOA)

Suzanne Caton * Peter Holland, President * Sudir Jain * Janice Kennedy

Mickey Khazam * Lorain Marquis * Shirley Stolz * Jane Trudeau * Chris Worcester * Emery Wilson

The "Friends" is a non-profit organization that provides advocacy and monetary support for senior programs, trips, special meals, and services. They meet virtually at 9:30 a.m. on the 3rd Thursday of every month. For more information please visit their website at <http://www.friendsoftheco.org>. If you would like to make a donation to the FCOA, you will find donation envelopes at the Community Center. Mail to P.O. Box 344, Lexington, MA 02420.

The Council on Aging Board

Betty Borghesani * Ellen Cameron, Vice-Chair * Camille Goodwin * Sudhir Jain

Jyotsna Kakullavarapu * Julie Ann Shapiro, Co-Chair

Sandra Shaw * Bonnie Teitleman, Secretary John Zhao, Co-Chair

The COA Board meets monthly virtually. The next meeting is **January 5 & February 2 from 2:30 - 4:00 p.m.** Working in collaboration with Human Services staff, the COA advocates for Lexington seniors and advises the Town Manager on policy issues. The COA Board invites you to attend.

Your Public Officials

Jill Hai, Chair * Douglas M. Lucente, Vice-Chair * Joseph N. Pato * Suzanne E. Barry * Mark Sandeen

The Select Board members have office hours by appointment only to meet with interested citizens to receive comments, suggestions, and concerns. Reach the Select Board's Office by phone at 781-698-4580 or at

<https://www.lexingtonma.gov/select-board>